

Patent Application of Bruce W. Booker for  
“Whistling Punching Bag” continued

Page 15

**ABSTRACT**

**Whistling Punching Bag**

An improvement to a striking bag, designed to provide aural feedback to the user, as to the accuracy of the user's strikes. The invention comprises compressible pneumatic targets (10-A, 10-B, 10-C) mounted partially into the side of a striking bag (9). Each striking target is mounted half inside the surface of a striking bag (9), and half outside the surface of the striking bag (9) through a hole in the striking bag, as pneumatic target 10-A is mounted through hole 40. The striking targets (10-A, 10-B, 10-C), are in the shape of two hemispheres connected by a narrower section. The narrower section of each striking target (10-A,10-B,10-C) transfixes the surface of the striking bag (9). Targets (10-A,10-B,10-C) are compressible both outside and inside the surface of the striking bag (9). The targets are connected by pneumatic hoses (34, 36, 38 respectively), which run through the interior of the striking bag, a whistle (12) mounted on the surface of the bag (9). When the pneumatic targets (10-A, 10-B, 10-C) are compressed by a strike from the user, air displaced from within the pneumatic target is driven into a pneumatic hose (34, 36, 38 respectively) connecting the pneumatic target to a whistle (12). When the pneumatic target (10-A,10-B,10-C) is struck by the user, the whistle (12) provides aural feedback to the user as to the accuracy of the user's strikes. The pneumatic targets (10-A,10-B,10-C) may be mounted in many

Patent Application of Bruce W. Booker for  
“Whistling Punching Bag” continued

Page 16

different arrangements and with different size targets adapted to be needs of the user, such as boxing or martial arts. Flexible washers on the inside (14) and outside (16) of the striking bag (9) mount a pneumatic target, such as pneumatic target 10-A, onto the striking bag. The inner washer 14, and outer washer 16, are connected through the surface of the striking bag (9) by bolts (18,20,26, 28) and nuts (22,24,30,32). Alternate embodiments include pneumatic targets (10-D,10-E,10-F,10-G,10-H).